BREATHE · PHUKET

Red Light Therapy

Light for recovery, skin and everyday energy

Red and near-infrared light panels · Up to 30 minutes · from 480 THB for members

WHATITIS

Gentle light that works beneath the surface

Our panels combine two kinds of light. **Red light** (630 and 660 nm) works near the surface, supporting skin. **Near-infrared light** (810 and 850 nm) is invisible and reaches deeper into muscles and joints. Your cells absorb the light and use it to make more energy, which research suggests can help them repair and calm inflammation. It is painless and non-invasive: all you feel is a gentle warmth.

YOURSESSION

One session, every benefit

Up to 30 minutes under the light

You lie on our treatment bed beneath the panels for up to 30 minutes. Red and near-infrared light work together in every session, so one session covers skin, muscles and joints at the same time. Goggles are provided, and our team sets everything up for you.

BENEFITS

What it may help with

Results build with regular use, so coming often matters more than any single session.

BENEFIT	WHAT IT MAY HELP WITH	HOW OFTEN	HOW LONG
Skin	Collagen for smoother, firmer skin, fewer fine lines and a more even tone	3–5 times a week	8–12 weeks
Breakouts & redness	Calmer, clearer acne-prone and reactive skin	3–5 times a week	4–8 weeks
Muscle recovery	Less soreness after training, padel or a hard class	After hard sessions	1–2 weeks
Joints	Less stiffness and aching in knees, back and shoulders	3–5 times a week	4–8 weeks
Healing	Faster healing of minor skin damage and scars	3–5 times a week	2–4 weeks
Wellbeing	Many guests say they feel calmer, more energised and sleep better	3–5 times a week	2–4 weeks

Once you are happy with your results, 2–3 sessions a week keeps them going.

PRICING

Simple options

Enjoy up to 30 minutes under the light with every session.
Breathe members save 20% on every option.

OPTION	WHAT YOU GET	PRICE	MEMBERS
Single Session	One session, up to 30 minutes	600	480
Ritual Add-on	One session added to your sauna, class or spa visit	500	400
5-Session Pack	5 sessions, valid for 1 month	2,500	2,000
10-Session Pack	10 sessions, valid for 2 months	5,000	4,000
Unlimited Monthly	One session a day for 30 days. Best value if you come 3 or more times a week	6,000	4,800

All prices in Thai baht.

MAKEITARITUAL

Pair it with the rest of Breathe

Day Pass + Red Light

A full day at Breathe with pool, sauna, steam and cold plunge, plus one red light session.

1,000 THB

Recovery Ritual

Sauna, then cold plunge, then a shower, then red light to finish.

Glow Ritual

Steam or hammam and a cleanse, then red light. Perfect alongside a facial.

After class

A session after yoga, Pilates or breathwork, while muscles are warm.

GOODTOKNOW

Your first session

Before you start

- A short health questionnaire on your first visit.
- Come with clean, dry skin: no lotion, sunscreen or makeup on the area.
- Protective goggles are provided and worn for every session.
- First-timers start with a shorter, gentler session and build up.

Please check with your doctor first if you

- are pregnant
- have, or are being treated for, cancer
- have photosensitive epilepsy
- take medication that makes you sensitive to light, such as isotretinoin (Roaccutane)
- have a light-sensitivity condition such as lupus

A gentle warmth is normal; mild redness can appear and fades quickly. Red light therapy is a wellness treatment, not a medical one, and results vary from person to person.

Book your session

Ask at reception or message us on WhatsApp: +66 96 142 3169